

*Spiritual Exhortations Quick Helps Guide*

Specific Cause	Prompt	Scriptures
SPIRITUAL STARVATION	STUDY & PRAY	Joshua 1:8; Psalm 119; Colossians 3:16
SPIRITUAL CONFUSION	LEARN & TRUST	Proverbs 3:5–6; James 1:5–8
SPIRITUAL FORGETFULNESS	REMEMBER & RENEW	Romans 12:1–2; 1 Peter 1:13–14
SPIRITUAL EXHAUSTION	REST & TRUST	Psalm 46:10; Matthew 11:28–30
SPIRITUAL LETHARGY	ACT & HOPE	2 Corinthians 10:5; Philippians 2:12–13; 1 Peter 1:13
DISCONTENTEDNESS	BE THANKFUL & GIVE	Philippians 4:11–13; 1 Timothy 6:6–11; Hebrews 13:5
SELFISHNESS	LOOK UP & SERVE	Philippians 2:3–4; Colossians 3:2; James 3:14–16, 4:1–3
SELF-PITY	CONFESS & BE THANKFUL	Jonah 4:1–11; 1 Thessalonians 5:18; 1 Peter 5:5
FAITHLESSNESS	TRUST & PRAY	Mark 9:24; Philippians 4:6; Colossians 4:2; Romans 8:26
ANXIETY, WORRY, AND FEAR	KNOW & TRUST	Matthew 6:25–34; Philippians 4:6; 1 Peter 5:7
SPIRITUAL REBELLION	STOP & CONFESS	Psalms 32:1–5; 51:1–17; Romans 8:12–13; 1 John 1:9
SPIRITUAL COLLAPSE	WAIT & TRUST	Job 40:4–5; Isaiah 40:31
OPPOSITION	WAIT & PRAY	Psalm 46:10; Matthew 5:44; Romans 12:12, 17–19
SPIRITUAL WARFARE	STAND & FIGHT	Ephesians 6:10–18; 2 Corinthians 10:3–5

# NOTES

## **Introduction: The Crisis of Spiritual Depression**

1. While I have dealt with the issue of spiritual depression both personally and pastorally, it is important to note that I am not a certified biblical counselor. However, the Holy Spirit is more than able to counsel suffering believers through the proper application of God's Word.
2. Dan Witters, "US Depression Rates Reach New Highs," Gallup, May 17, 2023, <https://news.gallup.com/poll/505745/depression-rates-reach-new-highs.aspx>.
3. One resource that may prove helpful in navigating this tricky landscape is Charles D. Hodges Jr., MD, *The Christian Counselor's Medical Desk Reference* (New Growth Press, 2023).

## **Chapter 1. Examining Your Own Heart: Investigating and Diagnosing Your Condition**

1. D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cures* (Eerdmans, 1965), 20.
2. Ibid., 21.

## **Chapter 2. Specific Causes of Spiritual Depression**

1. John Piper, *When the Darkness Will Not Lift: Doing What We Can While We Wait for God—and Joy* (Crossway, 2006), 18.

## **Chapter 3. Calamity: When the World Comes Crashing Down**

1. See chapter 2, "Specific Causes of Spiritual Depression."
2. A helpful and pastoral book on the loss of a child is by John MacArthur, *Safe in the Arms of God: Truths from Heaven About the Death of a Child* (Thomas Nelson, 2003).
3. I have written elsewhere about God's kindness, even in suffering, in *The Kindness of God: Beholding His Goodness in a Cruel World* (Moody Publishers, 2024), 95–113.

## **Chapter 4. Opposition: Deep Wounds from Others**

1. While David is not the only author of the Psalms, we see reoccurring themes of opposition by enemies in Psalms 3–7, 10, 11, 14, 17, 22, 35, 43, 55, 56, 59, 60, 64, 69, 109, and 140–143.

2. If you are being abused in your marriage, it is important that you tell someone. If you're being verbally or spiritually abused, seek counsel from your pastor, elders, or a trusted Christian counselor. If you're being physically or sexually abused, notify law enforcement (Rom. 13:1–5) and seek godly counsel. While taking these steps will not solve the problem, it is important that you receive help.

### **Chapter 5. Long-Standing Affliction: The Thorn in the Flesh**

1. David Powlison, *Power Encounters: Reclaiming Spiritual Warfare* (Baker Books, 1995), 36.
2. Ibid.
3. There are a number of helpful books and popular-level commentaries dealing with the theology and application in this passage, including James Montgomery Boice, *Ephesians: An Expositional Commentary* (Baker Books, 1997); John MacArthur, *Ephesians* (Moody, 1986); R.C. Sproul, *Ephesians: An Expositional Commentary* (Ligonier Ministries, 2023); D. Martyn Lloyd-Jones, *The Christian Soldier: An Exposition of Ephesians 6:10 to 20* (Baker Books, 1978).
4. J. I. Packer, *Hot Tub Religion and Other Thoughts on Christian Living in the Material World* (Tyndale House Publishers, 1987), 192–93.
5. *The Golden Treasury of Puritan Quotations*, compiled by I. D. E. Thomas (The Banner of Truth Trust, 1977), 12.

### **Chapter 6. Melancholy: The Struggle of Persistent Sadness**

1. Attributed to John of the Cross (1542–1591).
2. Charles Caldwell Ryrie, ed., *The Ryrie Study Bible: New American Standard Translation* (Moody, 1978), 1213.

### **Chapter 7. Fear and Anxiety: The Terror of the Unknown**

1. Edward T. Welch provides a helpful study of Matthew 6:25–34 in his book *Running Scared: Fear, Worry, and the God of Rest* (New Growth Press, 2007), 103–12.

### **Chapter 10. Discipline: Engaging in Godly Behaviors**

1. A helpful resource in the fight for sexual purity is Heath Lambert's *Finally Free: Fighting for Purity With the Power of Grace* (Zondervan, 2013).
2. For those who have struggled to get into daily Scripture reading and study, I have written a practical book titled, *How to Eat Your Bible: A Simple Approach to Learning and Loving the Word of God* (Moody Publishers, 2021).

### **Chapter 15. Seeking Refuge in Christ: Comfort and Hope from the Man of Sorrows**

1. The Bible teaches the sinlessness of Christ (Isa. 50:5, 53:9; 2 Cor. 5:21; Heb. 4:15, 7:26; 1 Peter 1:19; 1 John 3:5) but also the impeccability of Christ—the teaching that Jesus was not *able* to sin due to the perfection of His divine nature (Matt. 3:17; John 8:29; James 1:13; 1 John 2:1). However, His impeccability does not diminish the reality of His experience of outward temptation.